



WUNDA CHAIR PROGRESSIONS INTERMEDIATE TO ADVANCED MOVEMENTS

KNEELING SERIES ON TOP OF CHAIR FRONT KNEELING SERIES

Medium spring. Kneel on top of chair with knees apart.

KNEELING WASHER WOMAN

Place hands on pedal. Press bar down and release up 8X
Pulse down 16X

PRESSES WITH LEG EXTENSIONS

Press bar down
Extend one leg out
Lift and lower bar 8X
Pull leg in and repeat with other leg out

PRESSES WITH LEG LIFT

1. Extend leg out behind back at hip level
2. Press pedal down. Lower leg to floor.
3. Lift torso
Lift straight leg. 8 times
Bend knee toward ceiling. Press pedal down. Pulse leg toward ceiling.

PIKE SERIES

Stand on foot bar. Round torso and place hands on back of chair directly under shoulders.
Relieve 4 times
Hold releve, lift/lower bar up without leaning forward. Lower 4 times
Turn to side . Legs crossed. Pike up. 4 times
Lift outside leg. Pike up. 4 times

SINGLE ARM PUSH UP

Kneel facing side of chair with knees shoulder distance apart.
Place inside arm on pedal and bring outside arm to floor.
Press pedal to floor keeping shoulders level. Lift. Repeat 4 times.
Extend outside leg straight to back. Keeping hips and shoulders level, press pedal to floor and lift. Repeat 4 times.
Extend both legs. Press pedal and lift 8 times.

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